

SALAD SOUP

Time: 30 minutes

Serves: 4

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion – chopped
- 2 cloves garlic – finely chopped or crushed
- ½ teaspoon turmeric
- ½ teaspoon paprika
- ⅛ teaspoon cayenne pepper
- 2 Roma tomatoes – chopped
- 1 14-ounce can chickpeas – rinsed and drained
- 4 cups vegetable stock
- 4 cups romaine lettuce – thinly sliced

Preparation:

Place a heavy pot on medium heat. Add the oil, onion, garlic, turmeric, paprika and cayenne. Stir occasionally for approximately five minutes or until the onion turns translucent.

Add the tomatoes to the pot and continue to stir occasionally for another five minutes.

Mix in the chickpeas and vegetable stock. Turn the burner to high and bring to a boil. Reduce the heat to low and simmer for ten minutes.

Remove from heat, stir in the romaine and serve.

Nutritional Information Per Serving:

- Calories: 173
- Fat: 5g
- Carbs: 28g
- Fibre: 6g
- Protein: 6g